



# EDUCATING for NONVIOLENCE

# NON-VIOLENCE

NONVIOLENCE IS A WAY OF LIFE FOR COURAGEOUS PEOPLE.  
IT IS ACTIVE NONVIOLENT RESISTANCE TO EVIL.

THE NONVIOLENT RESISTER HAS DEEP FAITH THAT JUSTICE WILL  
EVENTUALLY WIN. MARTIN LUTHER KING

WE HEAR A DEMAND TO EMBRACE ANEW OUR CRITICAL CONCERNS  
(WOMEN, EARTH, IMMIGRATION, RACISM AND NONVIOLENCE) THROUGH THE  
LENS OF NONVIOLENCE AND TO GROW IN OUR PERSONAL PRACTICE OF  
NONVIOLENCE AND PEACE MAKING, ACTIVELY COLLABORATE WITH  
COMMUNITIES AND ORGANIZATIONS THAT FOSTER PEACE AND  
NONVIOLENCE AND WORK TO CHANGE VIOLENT SYSTEMS AND STRUCTURES.

SISTERS OF MERCY OF THE AMERICAS' SIXTH CHAPTER, 2017

# ***AVP PROGRAM: ALTERNATIVES TO VIOLENCE***

IMPLEMENTED BY THE PROPHETIC VOICE  
COMMISSION OF THE CARIBBEAN, CENTRAL  
AND SOUTH AMERICA (CCASA)



# ***WHAT IS THE AVP (ALTERNATIVES TO VIOLENCE PROJECT)?***

- The program began in 1975 within the New York State prison system. The first workshop was held in Greenhaven when a group of inmates wanted training in non-violence and requested the help of a local group of Quakers.

Quakers believe there is “that of God in everyone.” And AVP is based on the belief that everyone has inside himself or herself the creative power to find non-violent ways of reacting to conflict situations.

- AVP has now spread to many countries and has been enriched by various cultures. It is very useful for places of confinement, educational institutions or any group. The intensive workshops are structured in sessions of 2 or 3 days.





- It is an experiential learning that includes different topics and participatory exercises with the methodology of popular education. The workshops are organized in a non-hierarchical way of facilitating training in non-violence and positive treatment .



## ***SPIRITUALITY of NON-VIOLENCE***

- AVP is a spiritual but non-religious program that respects all religions and beliefs.
- The cornerstone of this program is the Power of Transformation, which is the spiritual power inherent in human beings. We appeal to confidence in this power because we recognize that it takes more than mere techniques to eliminate violence.

The program *teaches conflict resolution* through non-violent communication, respect for oneself and others, self-esteem and thinking before acting.

- AVP seeks to form community, recognizing and encouraging the potential of each participant and the facilitators. We work with agreements and consensus.
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## *AVP IS WIN-WIN*

The people who facilitate and those who participate both gain by learning to deal with their own and others' violence.

- As AVP facilitators, we gain by strengthening our leadership skills. We manage to see ourselves and others from other perspectives and above all we achieve the commitment to lead a non-violent life.
- As Sisters of Mercy, we gain by having a program that promotes values such as cooperation, affirmation, communication and the resolution of conflicts or misunderstandings among us and in the communities we serve.





# CCASA AVP FACILITATORS



The Prophetic Voice Commission of CCASA chose to address the Critical Issue of Non-violence through Alternatives to Violence Project (AVP). We began to prepare in Honduras in 2015.

We already have AVP facilitators in Argentina, Peru, Panama and Honduras.

FIRST GROUP OF FACILITATORS  
IN ARGENTINA



FIRST GROUP OF  
FACILITATORS  
OF PANAMA





# WORKSHOPS IN CCASA



PANAMA



GUYANA



PERU



# WORKSHOPS IN CCASA

## BASIC WORKSHOP CHAMAGUA, GUATEMALA



## WORKSHOP IN PIURA, PERU



## IN ARGENTINA



IN AVP PAV WE HAVE ALL GROWN, LEARNED,  
ENJOYED AND SHARED MUCH WITH JOY AND DEPTH  
... IT HELPED US TO UNDERSTAND NON-VIOLENCE  
AND CHOOSE IT EVEN IF IT IS NOT EASY TO LIVE  
EVERY DAY.

